

## RAINBOW DAYCARE MENU

### Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt and water	Apple sauce with graham crackers Water/Milk	Cereal (cheerios/ rice crispies) with milk. Water	Homemade Muffins (blueberry, banana, carrot). Milk/Water	Toasted bagels. Water/Milk
Cod Nuggets with rice and carrots Milk/Water	Homemade Spaghetti & tomato sauce (ground beef and pureed Vegetables) Milk/Water	Homemade Pizza (chicken or beef) Sliced peppers on side Milk/Water	Homemade Quesadillas, non processed chicken, or beef, served with peppers and shredded cheese Milk\Water.	Homemade Macaroni with unbattered chicken on the side and cheese with veggies on the side Milk/Water
Homemade Muffins Water	Whole grain tortilla wraps cream cheese Water	Homemade granola. Water	Arrowroot biscuits with Water	Trail mix Water

\*All bread is whole wheat.

\*Water is always available.

\*Fresh Fruit is always offered, after lunch (as a dessert/healthy option).

\*Milk is served with every lunch and twice a day.

\*Unsalted crackers served only.